

Hornsby South Public School

Darug and Garigal Land
57-63 Clarke Road HORNSBY 2077
Ph: 9489 2410 Fax: 9489 2495



hornsbysth-p.school@det.nsw.edu.au (email)
www.hornsbyouthps.com.au (website)

Newsletter – 22 March 2023
Term 1 Week 9

CALENDAR



Friday 24 March

BYE for T'Ball, Soft Ball
and Cricket

League Tag is as normal

Friday 31 March

K-6 Assembly 11:45am

Thursday 6 April

Easter Hat Parade/
Grandparent's Day & last
day of Term 1

Monday 24 April

School Development Day
Staff only

Wednesday 26 April

Students return Term 2

Principal's Message

DATES FOR YOUR DIARY

LAST DAY OF TERM 1 FOR STUDENTS

Thursday 6 April 2023

SCHOOL DEVELOPMENT DAY FOR TEACHERS ONLY

Monday 24 April 2023

PUBLIC HOLIDAY (ANZAC DAY)

Tuesday 25 April 2023

FIRST DAY OF TERM 2 FOR STUDENTS

Wednesday 26 April 2023

PARENT/TEACHER/STUDENT INTERVIEWS

All online bookings close today at 5:00pm. If you require assistance in booking an appointment, or you would prefer to have a phone interview, please contact your child's class teacher.

AREA SWIMMING CARNIVAL

Congratulations to all the competitors who attended the Zone Swimming Carnival in 2023. It was wonderful to see such an increase in the standard of swimming this year. Congratulations to Jin K. and Alex S. who excelled on the day and will now attend the Area Swimming Carnival tomorrow.



EASTER HAT PARADE AND CRAZY HAIR DAY

All students are invited to participate in the Easter Hat (K-2) / Crazy Hair (3-6) and Grandparents' Day which will be held on the last day of Term 1, Thursday 6 April 2023. The parade will be held in the front playground. We are extremely excited to extend an invitation to parents, carers, grandparents, and friends. In the event of wet weather, it will be moved to the school hall.

BURGER DAY

Burger Day was a great success with many happy students enjoying a special lunch on the day. This could not have been done without the usual hard work from our canteen staff Tamara and Christine. Their effort combined with the indefatigable parent volunteers madly assembling burgers at lightning speed, led to the day being a fantastic success. Thank you also to all our parent volunteers, Tim, Ellen, Elisa, Jane, and June.

NATIONALLY CONSISTENT COLLECTION OF DATA (NCCD)

The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students receiving an adjustment due to disability and the level of reasonable adjustment they are receiving. The national data collection counts students who have been identified by our school learning support team as receiving an adjustment to address a disability as defined under the *Disability Discrimination Act 1992* (the DDA).

Parents of students involved in the NCCD will be advised by their child's classroom teacher. For further information regarding NCCD, please access the following link.

<https://www.nccd.edu.au/tools/fact-sheet-parents-guardians-and-carers>

<https://www.nccd.edu.au/tools/fact-sheet-parents-guardians-and-carers>

NAPLAN

Congratulations to all our Year 3 and Year 5 students for completing their NAPLAN testing today and thank you to all our Year 3 and 5 teachers, along with additional support staff for ensuring its smooth implementation. A special thank you to Miss Carolyn Smith for the hours of organisation and remaining calm throughout the process.



Jennifer Davey
Principal

LOOKING AFTER OUR MENTAL HEALTH

This week our Mental Health information from The Black Dog Institute is on "Signs and Symptoms of Anxiety". Please take some time to read this information. There are many community resources available to assist you should you need. Please see contact information for some of these services at the end of the newsletter.

SCREEN-TIME VS GREEN-TIME

Most of us own devices such as smart phones and some also own wearable technologies such as smart watches. Technology is part of our daily life, but we need to ensure it does not 'become our life'.

An Australian Communications and Media Authority report into [how Australian children are using mobile phones](#) advised that in 2020:

- 46% of 6-13 year olds have or use a mobile phone
- 71% have used the phone to play games
- 79% of the children that own a phone have used it to send a text message



It is a timely reminder that we need to work with our family to [set screen-time limits](#). Each family is unique and coming up with a [right amount of screen time](#) can depend on the age of your child, the content they see or hear, their learning needs and your family circumstances. It is a balancing act.

Too much online time can have negative consequences on the mental health of your child. If you notice signs of tiredness, not doing well at school or changes in eating patterns, it may be time to have an open conversation to help them balance screen time with green time.

NAPLAN

Today marks the end of all scheduled NAPLAN assessments at Hornsby South Public School. Any students who have been absent during the testing period will sit their assessments over the next few days.

Congratulations to all students in Years 3 and 5 who have approached these assessments with a positive attitude. Thank you to all the staff involved in preparing the students, ensuring laptops were accessible and updated with the appropriate software, and administering the NAPLAN assessments over the testing window.

We are looking forward to analysing the data and reporting to the community on student achievements in the coming weeks.



Carolyn Smith
Deputy Principal

SCHOOL ASSETS

We now have some café style furniture installed near our school canteen. This is fast becoming another place for our students to sit during recess and lunch. Our thanks to Grant, who installed these for us.

We also have some new outdoor chess tables that will be installed around the school. Our GA's Gary and Des are working on this project.

During the upcoming holidays we will have some work done between our H and C blocks (at the back of the hall). During this period the area will not be accessible. Parents and students accessing OSHClub will need to use the stairwells near the amphitheatre.

MEDICAL

All parents are reminded that ANY medication that needs to be administered at school requires Department of Education paperwork to be completed in advance.

If your child requires medication to be administered in the short term, you will need to see the school office. If your child has a diagnosis of Anaphylaxis, Asthma, allergy or other ongoing medical condition, you are required to provide in-date medication and complete the Department of Education forms annually.

Without in-date medication and the correct forms, students are not permitted to attend school excursions including HZSS. If in doubt about the status of forms and medication for your child, please see the school office.



Adam Spencer
Assistant Principal



COMMUNITY COFFEE & CATCH UP – MATHS CURRICULUM

Join us for the next Community, Coffee and Catch up to have a look at the new K-2 Mathematics Syllabus.



HSPS

Community, Coffee & Catch-Up

*Join us for coffee, morning tea and enjoy chatting
with our APC&I*

Who: Mrs Harper- Assistant Principal, Curriculum and Instruction

What: The new K-2 Maths Syllabus in action

When: Thursday 30th March, 9:30-10:30 am

Where: Hornsby South Public School in the hall

RSVP: <https://forms.gle/vdrnM3f4yuugX24i9>



See you there!

To book please register at this link: <https://forms.gle/vdrnM3f4yuugX24i9>



ANTI-RACISM CONTACT OFFICER (ARCO)

As part of the Department's commitment to anti-racism, each school has a trained Anti-Racism Contact Officer (ARCO). At Hornsby South Public School, our ARCO is **Mrs Harper**.

The role of the ARCO is to:

1. Receive the suggestion, complaint or allegation regarding racism
2. Assist the complainant to write the complaint, if required
3. Advise the complainant of their rights and the process to be followed in lodging a complaint
4. Refer the complaint to a member of the school executive who will be responsible for resolving the complaint. You will be seeing some of these posters displayed around the school reminding students that racism hurts as well as notifying our students of who our ARCO is.



Mrs Skye Harper
Assistant Principal, Curriculum and Instruction

NCCD

All children deserve the best possible education; education that provides opportunities for children of all abilities to reach their potential. The Nationally Consistent Collection of Data on School Students with Disability (NCCD) is a fair and consistent way for Australian schools to collect information that reflects the support or adjustments being provided for students whose learning is impacted by disability.

These adjustments will be different for each student, but might include things like specialised technology, specialist equipment, building modifications or a differentiated approach to curriculum delivery. Schools will have access to appropriate funding support based on the adjustments that have been provided in the previous twelve months. In the upcoming Parent-Teacher interviews, teachers may discuss adjustments that have been made in the classroom to support some of our students.

SARA BALMER PSYCHOLOGY FOR KIDS

Sara Balmer Psychology for Kids is coming to Hornsby South Public School! We are very lucky to welcome Mr Anthony Nguyen, an enthusiastic and caring Psychologist who provides psychological assessments, as well as guidance to parents and teachers, allowing children to reach their full potential. If you would like further information or would like to book your child in to see Anthony, please visit the website or call 02 9477 1600.



Psychology

at Hornsby
South PS



Anthony Nguyen

Psychologist Intern

BA (Psych) (Hons), B Sci (Psych),

IMMEDIATE AVAILABILITY FOR NDIS PARTICIPANTS

FOR HELP WITH:

- EMOTIONAL REGULATION
- ANXIETY
- SOCIAL SKILLS

Anthony Nguyen has such a calm and fun way of working with children. He is experienced in behaviour therapies, CBT and play-based therapies. Anthony is experienced working with children with special needs, including AD/HD, Autism, intellectual disability and more.

To book or find out more contact us via our website:

<https://www.sarabalmer.com.au/contact-us>

or call us on:

02 9477 1600



EVERY MINUTE COUNTS . . .

When your child misses just . . .	that equals . . .	which is . . .	and therefore, from Kindy to Year 12, that is . . .
10 minutes a day	50 minutes of learning each week	Nearly 1 ½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2 ½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of school
1 hour a day	1 whole day of learning each week	8 weeks per year (nearly a term)	Over 2 ½ years of school

Your child's best learning time is at the beginning of the day!



School starts at 9:10am

Positive Behaviour for Learning: Respectful, Responsible, Aspire

ATTENDANCE

Regular school attendance supports students to be connected, achieve their potential and increase their career and life options. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. Student attendance data is reviewed each fortnight at Learning and Support meetings. Any student who has an attendance rate of 92% or less for the calendar year or the previous 10 school weeks, (whichever is the longer period of time), is monitored for attendance patterns and justifications by the Learning and Support Team. Late arrivals and early departures are also included in the student's attendance data.





Miss Kylie Madden
Assistant Principal, Learning and Support





Transition Times

Respectful	<ul style="list-style-type: none"> • I will keep to the left and move quietly. • I will keep my hands and feet to myself. 	
Responsible	<ul style="list-style-type: none"> • I will walk at all times. • I will look where I am going. • I will keep walkways clear of obstacles. • I will line up when it is time. 	
Aspire	<ul style="list-style-type: none"> • I will listen to and follow instructions. 	

WHERE EVERY FACE HAS A PLACE

POSITIVE BEHAVIOUR FOR LEARNING

For the next two weeks at Hornsby South Public School we are learning to understand how to transition from place to place in a respectful manner.

Have you noticed our new bell songs? They have been purposefully chosen as they are calm and tranquil. This helps our students with their goal of walking respectfully back to their classrooms instead of rushing.

Stage One will be creating posters to be placed around the school to encourage students to follow the PBL expectations for Transition Times.

Have a fantastic week!



Miss Stephanie Jensen
Relieving Assistant Principal Year 2



WAKAKIRRI

Celebrating 30 years of stories

NATIONAL STORY-DANCE FESTIVAL 2023

WELCOME TO WAKAKIRRI 2023!

Hornsby South Public School has enrolled to participate in Wakakirri 2023. Great stories can open hearts and minds and inspire change. Wakakirri is a national Story Dance festival where schools aim to do just that!

WHAT IS WAKAKIRRI?

The Wakakirri Story-Dance Festival is a national program that helps schools develop student engagement and wellbeing through participation in the performing arts. Schools participate by creating Story-Dances which they perform in live theatres in capital cities and selected regional areas around Australia.

Wakakirri is open to every school (Primary, Secondary, Dance and Community groups) and students with all levels of experience can participate. An emphasis is placed on creative movement and drama rather than technical dance. Emphasis is also placed on creative storytelling and sustainability, not expensive and extravagant productions.

GREAT STORIES INSPIRE CHANGE

Schools' performances are inspired by the Wakakirri ethos 'great stories inspire change'. Environmental, social, cultural, health, historical & reconciliation stories are all popular themes. Each year hundreds of schools across Australia create and perform Story-Dances for Wakakirri that reflect students' thoughts, ideas and aspirations.



NEED MORE INFORMATION?

You can find out more about Wakakirri at www.wakakirri.com or follow @wakakirriofficial on Instagram or Facebook.



HARMONY DAY



EVERYONE BELONGS
We all learn & grow together
in harmony



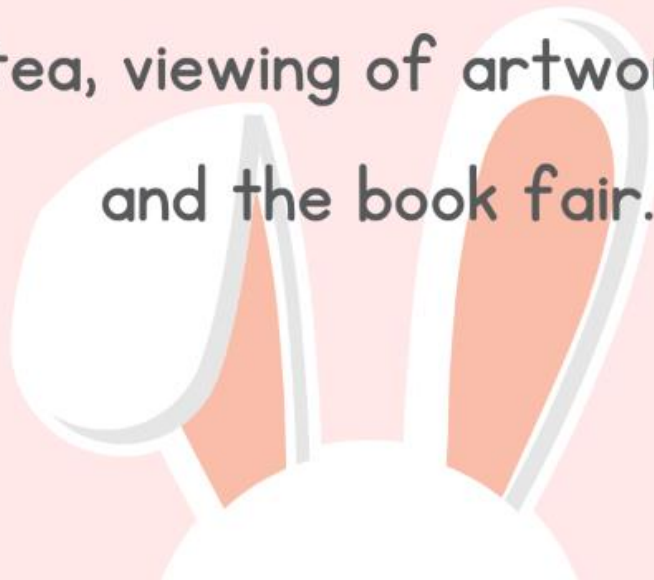
Easter Hat Parade

You are invited to our Easter Hat Parade and Grandparents Day!

WHEN: Week 11, Thursday 6th April 2023

WHERE: 9:30am in the front playground

WHAT: Students will be performing a short dance that they have choreographed as a class. Following this you are invited to enjoy a morning tea, viewing of artworks in the hall and the book fair.



Easter Guessing Competition

Easter is upon us, which means it's time to start collecting Easter eggs for our Easter Guessing Competition which will be drawn at the Easter Hat Parade on Thursday 6th April.

If you are able to donate some items for the raffle, please send them in with your child to give to the office staff by Monday 27th March. Some items may include chocolate Easter eggs, Easter themed activity books, pencils or small toys.

We are also after baskets/bags to put the prizes in. If you have any spare baskets/bags around the house we would really appreciate them too.

Ticket selling information

When: 8:40am-9:10am on Wednesday, Thursday and Friday of Week 9 and 10.

8:40am- 9:10am Monday and Tuesday of Week 11

Where: At the flagpoles in the front playground

Price: \$2.00 each or 3 for \$5.00

Thank you,
Easter Hat Parade Committee









Resources for Families

If you or your child needs to talk to someone...

Name	About	Phone	Online
Kids Help Line 	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
Lifeline 	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
Suicide Call Back Service 	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
Youth Beyond Blue 	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
Headspace 	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
1800RESPECT 1800RESPECT	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome
Mental Health Line Mental Health Line 1800 011 511 	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx






If you are looking for an app to support you or your child...



Name	About	Website
<p>Calm Harm</p> 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>Clear Fear</p> 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>ReachOut Worry Time</p> 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free</p> <p>App Store</p>
<p>ReachOut Breathe</p> 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free</p> <p>App Store</p>
<p>Smiling Mind</p> 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>



If you are seeking additional information...

Name	About	Website
Raising Children  raisingchildren.net.au the australian parenting website	Provides up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer.	https://raisingchildren.net.au/
ReachOut 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute 	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute.org.au/

If you are looking for online support...

Name	About	Website
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

Are you in danger?

If you, or someone you are with is in immediate danger please call:

 000

or

go to your nearest hospital emergency department



Signs & symptoms of anxiety



What this fact sheet covers:

- When anxiety is a problem
- Types of anxiety disorders
- Signs and symptoms of anxiety

Everyone experiences anxiety

Feeling anxious in certain situations can help us avoid danger, triggering our 'fight or flight' response. Sometimes though, we can become overly worried about perceived threats – bad things that may or may not happen. When your worries are persistent or out of proportion to the reality of the threat, and get in the way of you living your life, you may have an anxiety disorder.

Anxiety is the most common mental health condition in Australia. Up to one-third of women and one-fifth of men will experience anxiety at some point in their lives.

When does anxiety become a problem?

It's normal to feel anxious in high pressure situations such as a job interview, when you're speaking in public, or when you're experiencing change in your life or work environment and you're uncertain what the future will hold. To a degree, this anxiety can help us, making us stay focussed and alert.

When we're very anxious, we have intense feelings of worry or distress that are not easy to control. Anxiety can interfere with how we go about our everyday lives making it hard to cope with 'normal' challenges.

Anxiety becomes a problem when you start to feel anxious most of the time and about even minor things, to the point where your worry is out of control and interfering with your day to day life.

What are anxiety disorders?

Anxiety disorders are a mix of:

- **psychological symptoms:** frequent or excessive worry, poor concentration, specific fears or phobias e.g. fear of dying or fear of losing control
- **physical symptoms:** fatigue, irritability, sleeping difficulties, general restlessness, muscle tension, upset stomach, sweating and difficulty breathing
- **behavioural changes:** including procrastination, avoidance, difficulty making decisions and social withdrawal

Keeping health in mind



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Institute**



Severe anxiety is a feature of a group of mental health disorders including:

- generalised anxiety disorder
- social phobia
- specific phobia
- obsessive compulsive disorder (OCD)
- panic disorder
- separation anxiety disorder
- agoraphobia
- post-traumatic stress disorder (PTSD).

Other types of anxiety disorders include:

- substance/medication-induced anxiety disorder
- anxiety disorder due to a medical condition.

It's important to seek help to manage severe anxiety. There are many effective treatments for anxiety, and you can feel better.

Factors for developing anxiety

There is a range of contributing factors for developing anxiety. The factors could be biological – genes (family history), personality traits and brain chemistry – or they can be life events, such as trauma and long-term stress, or a combination of these factors.

Signs and symptoms

While there are many types of anxiety disorder, there are some common signs and symptoms.

You might be **feeling**:

- very worried or afraid most of the time
- tense and on edge
- nervous or scared

- panicky
- irritable, agitated
- worried you're going crazy
- detached from your body
- feeling like you may vomit.

You may be **thinking**:

- 'everything's going to go wrong'
- 'I might die'
- 'I can't handle the way I feel'
- 'I can't focus on anything but my worries'
- 'I don't want to go out today'
- 'I can't calm myself down'.

You may also be **experiencing**:

- sleep problems (can't get to sleep, wake often)
- pounding heart
- sweating
- 'pins and needles'
- tummy aches, churning stomach
- lightheadedness, dizziness
- twitches, trembling
- problems concentrating
- excessive thirst.

When these constant repetitive thoughts and feelings take over, we can feel overwhelmed, lose sleep, feel exhausted, and start to avoid social situations.

Some of these symptoms can also be signs and symptoms of other medical conditions, so it's always best to see your GP so they can check them properly.

There is an online [Anxiety Self-test](#) on the Black Dog Institute website.

Keeping health in mind



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Diagnosis

To be diagnosed with an anxiety disorder, a combination of symptoms is present on most days for more than six months and interferes with your ability to function at work or at home.

It is common to experience a low mood secondary to excessive worry and the two conditions – clinical depression and anxiety disorder can occur at the same time.

It's important to get help to treat anxiety disorders. Left untreated, anxiety can last for a long time. It can become exhausting, debilitating and get in the way of us living our everyday lives. There are a range of effective treatments for anxiety, and you can get better. Your GP is a good starting point when seeking help for anxiety.

Key points to remember

Anxiety is normal, everyone experiences anxiety at some time.

- Anxiety becomes a problem when it interferes with your day to day life
- Anxiety disorders are a combination of psychological, physical and behavioural symptoms
- A range of factors can contribute to anxiety disorders
- Signs and symptoms of anxiety vary



Black Dog Institute

Hospital Road, Prince of Wales Hospital, Randwick
NSW 2031

(02) 9382 4530

Email: blackdog@blackdog.org.au

www.blackdoginstitute.org.au

The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment.

For information: www.blackdoginstitute.org.au



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[@blackdoginst](https://twitter.com/blackdoginst)



[/BlackDogInst](https://www.youtube.com/BlackDogInst)

Keeping health in mind



**Black Dog
Institute**

Positive Behaviour for Learning (PBL) - *Respectful, Responsible, Aspire*





**YOUNG ENGINEERS
ROBOTICS & STEM CLUB
HORNSBY SOUTH PS – Wed's
3:15-4:30pm**



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m: 0429 790 464

e: scott@young-engineers.com.au

f: [Young Engineers North Shore Sydney](#)

w: www.nssydney.young-engineers.com.au

HOLIDAY PROGRAM
17th - 21st April 2023
Suite4&5, 11-15 Florence Street, Hornsby

WRITING WORKSHOP

10-12pm Writing
12-12:30pm BYO Lunch
12: 30-2: 30pm Speaking
2: 45-4: 45pm Writing

CONFIDENT KIDS

PUBLIC SPEAKING

- Take more chances
- Ask for what they need
- Speak up for themselves and others
- Become leaders



Hornsby@keacademy.com.au



Read



Write



Speak

Tel: 0447 768 311

8 | motiv8sports

SUPER CAMP

SPORTS FESTIVAL

EXPERIENCE A MULTI-SPORTS CAMP
WHERE EVERY CHILD FEELS LIKE A ROCKSTAR
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ENTERTAIN CHILDREN IN A SAFE SPORTS DREAMLAND

motiv8sports.com.au

11&12 April ASQUITH
20&21 April TURRAMURRA



A message from our Catholic Scripture Teachers

The Catholic Catechists from Hornsby Cathedral Parish hope that the children and their families, teachers and their families at Hornsby South experience the risen Christ in their lives always.

Here is a link to a Lent and Easter booklet that warms your hearts and answers quite a lot of questions:

https://issuu.com/bbcatholic/docs/lent_and_easter_booklet_2_



Are you aged 5-15 years?
Do you have a passion for animals?
Want to make some new furry friends?

Then join the RSPCA NSW Education Team
for the upcoming School Holiday Program!

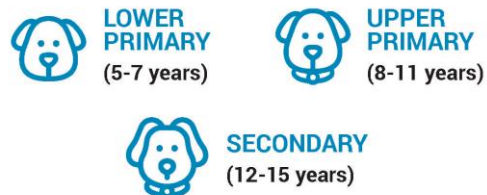
rspcansw.org.au



SESSIONS INCLUDE

- 🌿 A behind-the-scenes tour of our shelters
- 🌿 Making enrichment toys
- 🌿 Meeting a variety of shelter animals
- 🌿 Talks from various roles at the RSPCA
- 🌿 Exploring how our Inspectors perform rescues and enforce the law

PROGRAMS



Sydney Adoption and Education Centre
201 Rookwood Road, Yagoona NSW 2199

To express your interest, please visit our website:
rspcansw.org.au/what-we-do/education/school-holiday-program/

If you would like more information,
contact the Education Team on:

📞 (02) 9782 4478
✉ education@rspcansw.org.au



Alan Stopford's School Holiday Tennis Camp

Camp 1: 11 - 14 Apr

Camp 2: 17 - 21 Apr

Hours: 9am - 3pm

Where: Normanhurst Boys High School, Normanhurst *

Ages: 5 to 15 years

4-day camp: \$170 (\$135 for half days)

5-day camp: \$205 (\$145 for half days)

Half days run 9am - 12pm

Casual day: \$65 (\$45 for casual half day)

Fun games!

Challenges!

Friday pizza!

Tournaments!

* No vehicles on school grounds. Access via Gate 3 on Fraser Rd.

Coaching of forehands, backhands, serves, volleys, correct grips, ready positions and footwork.

To register, complete the form on the reverse side or call 0411 426 554 or email stopfordalan@gmail.com

Alan Stopford Tennis Camp

\$5 EARLY BIRD DISCOUNT - PAY 1 WEEK PRIOR *
\$5 SIBLING DISCOUNT FOR 2ND CHILD

Alan Stopford is a Tennis Australia Qualified Coach with over 35 years of experience coaching in the local area.



Alan's school camps are ideal for kids of all standards:

- Beginners learn basic tennis strokes
- More experienced players improve their game play
- Advanced players compete for prize money!
- Trophies and medals are given for each group

Wet weather program available.

To register, call 0411 426 554 or email stopfordalan@gmail.com

* Discount available for full camp only

SCHOOL HOLIDAY WORKSHOPS!

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* Pocket Brick Monsters (inspired by Pokémon™)

* And MORE!



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ASQUITH BOYS HIGH SCHOOL

2024 Scholarship Program

Asquith Boys High School provides opportunities for students to pursue high quality academic, creative arts and music programs, whilst studying curriculum developed by NESA (NSW Education Standards Authority). Scholarship opportunities are offered at Asquith Boys High School to encourage and acknowledge students in excellence across academic and creative arts subjects.

Year 7 2024 Instrumental Band Scholarship applications are now open



Download the Information and Application package from the website www.asquithboy-h.schools.nsw.gov.au or phone the school on 9477 3508.

Applications close Friday 28 April, 2023, 3pm.

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JAMES RUSE AGRICULTURAL HIGH SCHOOL PRESENTS

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM



MUSIC AND LYRICS BY STEPHEN SONDHEIM
BOOK BY BURT SHEVELOVE AND LARRY GELBART

James C Hoskin Auditorium, James Ruse Agricultural High School
March 30 - April 1, 7.00pm

Tickets: \$25 Book online via the QR Code

These performances of *A Funny Thing Happened on the Way to the Forum* are licensed exclusively by Music Theatre International (Australia). All performance materials supplied by Hal Leonard Australia



RAVENSWOOD OPEN DAY

FRIDAY 28 APRIL



We're proud to be a top academic school in NSW.
Prouder still of the potential we ignite in all of our students.

Ravenswood. Multi award-winning Positive Education and wellbeing school.

ravenswood.nsw.edu.au



02 9338 23306 ACN 945 238 288

RAVENSWOOD IS A UNITING CHURCH SCHOOL, FOR GIRLS, PREP TO YEAR 12, BOARDING FROM YEAR 7, GORDON NSW



JOIN US

SMALL STEPS CHILDHOOD ANXIETY SEMINAR

A FREE SEMINAR ON ANXIETY IN CHILDREN

Maximise protective factors, reduce the impact of anxiety on your child

Wednesday, 29 March
10:30am - 12pm
at Hornsby Library



SCAN TO BOOK NOW

WayAhead



CatholicCare
Diocese of Broken Bay

STARTS
16 FEBRUARY
2023

ABORIGINAL & TORRES STRAIT ISLANDER SUPPORTED PLAYGROUP

Provides a relaxed and friendly environment for Aboriginal & Torres Strait Islander families and carers to bring their children to socialise and engage in culturally fun activities with other children.

KATE'S PLACE
29 YARDLEY AVENUE WAITARA

WEEKLY FROM 16 FEBRUARY 2023
10.00AM - 11.30AM

- Fun activities such as, craft, story time and rain making.
- Guest speakers on child development.
- Parenting experts will offer tips on:
 - Attachment with your baby/infant
 - Boundaries and routines
 - Managing 'big feelings'.
- Learn about self care.
- A range of cultural activities.

We are also planning on introducing some baby massage lessons and much more!

Come along and access parenting supports, community and meet other parents in a culturally supportive environment.

Bring some fruit or snacks for your little ones and we'll supply tea and coffee.

MORE INFO & BOOKINGS

Simone - Intake Family Support
P: 0481 602 083
E: intakefs@catholiccareddb.org.au
W: www.catholiccareddb.org.au

ALWAYS WAS, ALWAYS WILL BE ABORIGINAL LAND We acknowledge the traditional custodians of the land across our Diocese. We recognise the Aboriginal people as holding memories, the traditions and the culture of the lands we live and work upon. We pay our respects to Elders past, present and emerging.

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Art School The Palette

CREATIVE KIDS
REGISTERED PROVIDER
Claim your \$100 voucher here
NSW GOVERNMENT

Drawing · Painting · Design · Craft · Mixed media · Sculpture

After School Art Class Kindy to Year 10
Mon - Fri (3:50 - 5:20pm / 5:25 - 6:55pm) Sat (10:00 - 11:30am)
Beginner / Intermediate / Advanced

Preschool Art Class From 4-5 years old
Mon - Fri (10:00 - 11:00am)

For a trial lesson, book via appointment beforehand!

Contact us
SMS: 0493 122 541
Email: tpasydney@gmail.com
Suite 7 & 8, Florence Street, Hornsby 2077
(1-3 mins walk from Hornsby Station / Westfield Hornsby)

LEARN TO DANCE WITH THE STARS OF RIVERDANCE

RINCE ACADEMY

Discover the world of Irish dance in the Hills!
Jump into our fun and energetic classes where every jig is a joy.
Our world class instructors will guide your child's dance journey through creativity, confidence and community.

REGISTER NOW FOR A FREE TRIAL CLASS

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@rinceacademy

Future gems

DANCE

CLASSES HORNSBY

0468 994 488

www.danceclasseshornsby.com.au



Join us this April School Holidays for mixed day activities and camps!

SHP COST: \$65 per day (8am-4pm)
CAMP COST: \$40 per day (9am-1pm)
AGES: 5-13 years

BOOK NOW



Early drop offs (7-8am) and late pick ups (4-6pm) available for \$20.00

Tues 11th	Pickleball, Trampoline, Parkour Fun, Capture the flag
Wed 12th	Basketball Fun, Nerf Wars, Beam skills, Tote bag creation
Thur 13th	Badminton, Gymnastics, Boxing Skills, Bookmark crafting
Fri 14th	Dodgeball Comp, Nerf Wars, Uneven bar skills, Key ring creation
Mon 17th	Pickleball, Gymnastics, Table Tennis, Parkour skills
Tue 18th	Dodge ball, Build-a-fort comp, Nerf wars, Trampoline
Wed 19th	Badminton fun, Boxing skills, Photo frame crafting, DMT skills Gymnastics Camp
Thur 20th	Basketball, Parkour workshop, Floor is lava, Rainbow wand creation Gymnastics Camp
Fri 21st	Soccer skills, Trampoline fun, Nerf Wars, Bookmark crafting
Mon 24th	Pickleball, Capture the flag, Nerf wars, Ceramic pots & vases

Additional info: Bring your water bottle, morning tea, afternoon tea, lunch and enclosed shoes!
 For further information, contact the club at hornsby@pccnsw.org.au or (02) 8998 5400



IS LIFE CHANGING



Working together to support school-aged students on the autism spectrum

FREE 1 Day Autism Workshop for Parents and Carers

Location: Hornsby, NSW

Join other local families to learn more about autism and ways to strengthen the partnership between home and school



During the workshop you will learn about:

- The diversity of autism
- Understanding behaviour
- Working together with your child's school

Morning tea and a light lunch will be provided



Tuesday 4th April 2023
9.15am - 3.00pm



Hornsby RSL Club
4 High St
Hornsby NSW 2077



SCAN TO REGISTER

Interpreters available upon request

For more information or to register visit www.positivepartnerships.com.au or contact Karen Mackenzie kmackenzie@positivepartnerships.com.au



For help, call: 1300 881 971

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



Enrol with us!

- Early Childhood Education
- 0-6yrs of age
- Open Monday - Friday, 7am-6pm
- Located next door to Hornsby South PS
- \$0 waitlist fee
- Open 52 weeks of the year
- Nutritious meals prepared on site
- Family owned
- Purpose built centre, opened July 2021
- Large outdoor play space
- School readiness program
- Multicultural educational team



belongingelc.com.au

belongingelc.hornsby@gmail.com

[\(02\) 8713 2444](tel:(02)87132444)

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NSW Department of Education CRICOS Code 00588M

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